



Healthy by Default

STEPS TO SELF-CERTIFY YOUR RESTAURANT

1

If you do not serve kids combo meals inclusive of a beverage, STOP HERE.

At this time, *Hawai'i Revised Statutes § 321-30.3* does not apply to your restaurant. In the future, if your restaurant does decide to serve a children's meal bundled with a beverage for a single price, the law will apply to your business and you will be required to self-certify your restaurant at that time.

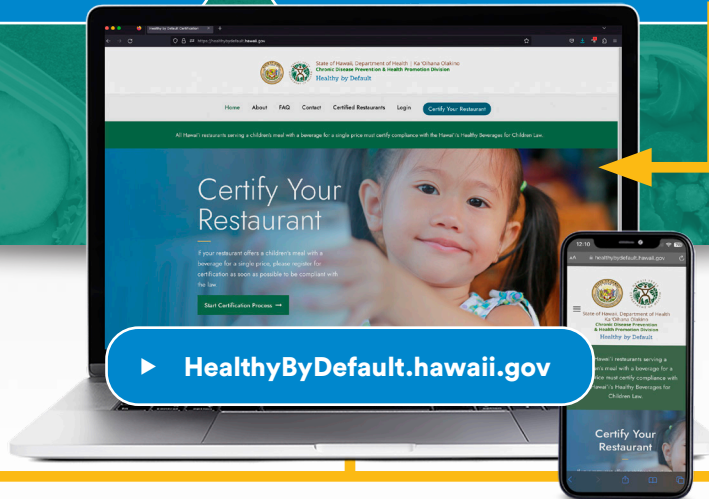
2

If you serve kids combo meals inclusive of a beverage, please complete the Self-Certification Form on <https://healthybydefault.hawaii.gov>. Please be prepared to upload pictures of your menus to verify that they are in compliance with the law.

In accordance with *Hawai'i Revised Statutes § 321-30.3*, all Hawai'i restaurants that serve a children's meal with a beverage for a single price shall offer a healthy beverage as the default option. All restaurants that serve a children's meal with a beverage for a single price are required to certify that they comply with the law.



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▶ HealthyByDefault.hawaii.gov

2a

If you serve kids combo meals inclusive of a beverage, and the current default beverage offered on your menus and verbally is **not**:



Water



Plain milk
(1% or low-fat
and 8oz or less)



100% fruit or
vegetable juice
(8oz or less)

as stated in *Hawai'i Revised Statutes § 321-30.3*, please **make the appropriate changes** to ensure your menus are in compliance with the law.

2b

If you serve kids combo meals inclusive of a beverage, and the current default beverage offered on your menus and verbally is:



Water



Plain milk
(1% or low-fat
and 8oz or less)



100% fruit or
vegetable juice
(8oz or less)

as stated in *Hawai'i Revised Statutes § 321-30.3*, your menus are in compliance with the law.

3a

Once the changes have been made to ensure your menus are in compliance with the law, please return to <https://healthybydefault.hawaii.gov> and certify that your restaurant complies with the law.



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3b



Please upload pictures of your in-store and online menus to be reviewed by the Department of Health.

Once approved, you will receive a certificate of compliance (valid for 2 years) for your records.



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At-A-Glance Compliance Checklist



Verbally

food establishment employees must relay to patrons the healthy default beverage options if a kids meal is ordered.



In-store and online menus

must list ONLY healthy beverage options for kids meals, specifically:

- Plain Milk must be listed as 1% or nonfat
- Juice must be listed as 100% juice
- No refills other than water



All menus

breakfast, lunch, and/or dinner - if they include kids meals, must list healthy beverages to be in compliance.



All images of kids meals

must show a healthy default beverage.



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Please visit <https://healthybydefault.hawaii.gov/faq-new/> to learn more about the law and frequently asked questions.



Sample Keiki Menu

For our guests 12 years of age and under

EACH KEIKI MEAL INCLUDES
A FREE DRINK & SIDE

CHOICE OF ONE KEIKI SIZE DRINK



Water



1% Milk



100%
Apple Juice

CHOICE OF ONE SIDE

FRENCH FRIES | APPLE SLICES | BROCCOLI
MANDARIN ORANGES | APPLESAUCE
BABY CARROTS

MEAL CHOICES

MACARONI & CHEESE
CHICKEN NUGGETS
KIDS HAMBURGER OR CHEESEBURGER